

BARRE FITNESS CLASS

Barre Fitness is a very effective low impact strengthening, lengthening, toning and fat burning class consisting of full body ballet-inspired exercises, Pilates, Yoga and functional training. Each class is an hour long full body strength workout focused on isometrics. You will improve your posture, build and shape muscles, increase your core strength and enhance overall mobility while burning calories. You will work muscles you never knew you had!

Don't worry if you have never participated in a dance, Yoga or Pilates class- no experience is needed and leotards are not required! Just wear your typical workout attire (typically done barefoot or with socks), bring water and we will provide the rest (you are welcome to bring your own mat but those are provided as well.)

Wednesdays 6:00-7:00pm

Town Hall Auditorium

Minimum of 5 Participants

Session 1 1/4-1/25

Session 2 2/1-2/22

Resident \$40 Non Resident \$45

Register Online at milfordrec.com

